

CR8ZY F1T

A program that actually works,
designed by a certified exercise
physiologist.

PROGRAM OVERVIEW

The following program is a combination of methods I've picked up on my fitness journey. (Corey Gregory, t-nation and athletes from EliteFTS).

Mobility and stretching are 110% vital to this program and to keeping your body injury free. These methods have been adopted by those of Kelly Starrett and Mike Boyle. Check out the link below for Kelly Starrett's mobility techniques.

- www.mobilityWOD.com
- Always consult your physician before starting an exercise program.

EQUIPMENT NEEDED

- Lacrosse Ball, soft ball, golf ball, foam roller.
- Super bands (found on elitefts.com)
- Dumbbells
- Kettlebells
- Barbells
- Bench
- Treadmill
- Bike

DAILY OVERVIEW

	Strength Focus	Mobility Focus	Cardio	Nutrition (carb load)
Day 1	Back and Deadlift	Hip Capsule	A.M. fasted steady state	Moderate Carb
Day 2	Chest and triceps	Shoulder Girdle	Post Workout/HIIT	Low Carb
Day 3	Squat and Shoulders	Legs	OFF	Only post-workout carbs
Day 4	METcon	Total Body	A.M. fasted steady state	Low Carb
Day 5	Bodyweight	Total Body	Post Workout/HIIT	Moderate

	Week 1 + 2	Week 3 + 4	Week 5 + 6	Week 7 + 8
1.Hex bar Deadlift	6 sets of 8 reps	7 sets of 8 reps + 5-10 lbs	8 x 8 + 5-10 lbs	9 x 8 + 5-10lb
2. Pull-up/lat pulldown	5 sets of submax	6 x submax	7 x submax	50-100 total reps
A. 1-arm row B. Pull Thru C. Single Arm Pull-down	EMOM x 10 minutes @ 8 reps each	EMOM x 15 minutes @ 6 reps + 5-10 lbs	A. Seated Row B. RDL C. Hip Thruster EMOM x 10 @ 8 ea	Last week x 15 minutes @ 6 reps
4. 100 rep	Banded Curls	Reverse Grip	Preacher Curl	Barbell Curl
* Mobilization	LAX ball @ Glute + hip capsule + hip flexor. Banded - hip distraction + pigeon pose + hip flexor + IT band			

1. Submax = you probably could have completed another couple reps.
2. Any exercises listed in (a,b,c) are to be performed together without rest, until the last exercise.
3. EMOM = every minute on the minute, you have one minute to complete the exercises and reps. Rest during the time remaining.

	Week 1 + 2	Week 3 + 4	Week 5 + 6	Week 7 + 8
1. Bench	6 sets of 8 reps	7 sets of 8 reps + 5-10 lbs	8 x 8 + 5-10 lbs	9 x 8 + 5-10lb
2. Body Dip	5 sets of submax	6 x submax	7 x submax	50-100 total reps
A. Incline Press B. Incline Fly C. Push-up	EMOM x 10 minutes @ 8 reps each	EMOM x 15 minutes @ 6 reps + 5-10 lbs	A. Decline Push up B. Floor Press C. Pull over EMOM x 10 @ 8 ea	Last week x 15 minutes @ 6 reps
4. 100 rep	Banded Extension	Reverse Grip Pull down	Skull Crusher	Kickback
*Mobilization	LAX ball @ Pec (with hand behind back) + beneath shoulder blade Banded - shoulder distraction + shoulder bully + arm across ribs + pec stretch			

	Week 1 + 2	Week 3 + 4	Week 5 + 6	Week 7 + 8
1. Squat	6 sets of 8 reps	7 sets of 8 reps + 5-10 lbs	8 x 8 + 5-10 lbs	9 x 8 + 5-10lb
2. Military Press	5 sets of submax	6 x submax	7 x submax	50-100 total reps
A. Iron Cross B. Upright row C. Rear Delt	EMOM x 10 minutes @ 8 reps each	EMOM x 15 minutes @ 8 reps + 5-10 lbs	A. Arnold Press B. Front Raise C. Rev. Fly EMOM x 10 @ 8 ea	Last week x 15 minutes @ 8 reps
4. 100 rep	Walking Lunge	Reverse Lunge	Double kb rack lunge	Plate overhead lunge
* Mobilization	LAX ball @ front and back of thigh Quad against box x 2 minutes			

Select one of the following for the weekly METcon

Barbell Complex
10 rounds x 10 reps without rest:

1. Wide Row
2. Triceps Push up
3. Underhand row
4. Dip
5. Inch worm push up
6. Front Load Rev. Lunge

Treadmill:

- 1m fast : 1 jog
 1 fast: 50s jog
 1 fast: 40s jog
 1 fast: 30s jog
 1 fast: 20s jog
 1 fast: 10s job

Then back up

5 x 8
w/ 2 Dumbbell:

1. Front squat
2. Push-Press
3. Row
4. 400m run

100 reps of:

1. Burpee
2. KB Swing
3. Ice skater
4. Air jack
5. Double under

Barbell Complex 10 rounds x 6
reps without rest:

1. RDL
2. Hang clean
3. Front Squat
4. Push-Press
5. Row

- ¼ mile run as fast as possible
 -50 pull-ups
 ¼ mi run AFAP
 -50 dips
 ¼ mi run AFAP
 -50 hanging leg lift
 ¼ mi run AFAP

6 x 6 w/ 2 KB:

1. Swing
2. Snatch
3. Clean
4. Front Squat

12 minute
AMRAP:

1. Deadlift x 6
2. Hi pull x 8
3. Row x 10
4. Push-up x 12
5. Thruster x 15

	Week 1 + 2	Week 3 + 4	Week 5 + 6	Week 7 + 8
1. Push up	100 reps	125 reps	150 reps	200 reps
2. Ab Wheel	50 reps	75 reps	100 reps	125 reps
3. Pull-up	30 reps	40 reps	50 reps	60 reps
4. Prisoner Squat	100 reps	Squat jump x 100 reps	Lunge Jump x 100 reps	Burpee x 100 reps
**Mobilization	LAX ball @ tight places Banded – anywhere in need of work			

1. Keep a timer going as you complete the reps of each exercise, then compare the times each week.

NUTRITION OVERVIEW

- Part of the reason some workout plans do not work, is it lacks a fundamental nutrition plan. Below is a general breakdown of a low-moderate carb diet plan, which does not include bread, pasta or the like.
- Macronutrient goals –
 - 45% daily calories = PROTEIN
 - 20-35% daily cals = FAT
 - 20-35% daily cals = CARBS (vegetables and fruits)
 - * Daily calories based on RMR
 - <http://macronutrientcalculator.com/>
 - http://www.bodybuilding.com/fun/macronutrients_calculator.htm